IN THE CLAIMS

1-16 (Cancelled)

- 17. (new) A method comprising applying a manganese phosphate layer to an iron or steel surface of a workpiece by contacting the iron or steel surface with a phosphating solution comprising.
 - 0.2 to 4 g/l of iron (II) ions;
 - 10 to 25 g/l of manganese ions;
 - 25 to 50 g/l of phosphate ions calculated as P₂O₅;
 - 3 to 35 g/1 of nitrate ions; and
 - 0.5 to 5 g/l of nitroguanidine;

said solution having 7 to 24 points of free acid, 50 to 140 points of total acid, and an S value of 0.2 to 1, and drying the workpieces to form a manganese phosphate layer having a minimum thickness of 2 microns and an average maximum roughness depth (R_z) of from 1.3 to 2.5 microns.

- 18. (new) The method according to claim 17, wherein said phosphating solution that comprises 0.5 to 2 g/l of nitroguanidine.
- (new) A method according to claim 17, wherein the phosphating solution comprises not more than 2.5 g/1 of iron (II) ions.
- 20. (new) A method according to claim 17, wherein the workpiece is steel and said phosphating solution comprises a complex-forming agent for the alloying constituents of the steel.
- (new) A method according to claim 20, wherein said coupler-forming agent is citric
 acid.
- 22. (new) A method according to claim 17, wherein said phosphating solution further comprises at least one metal ion selected from the group consisting of 55296076.1

- 0.2 to 4 g/l of nickel ions and
- 0.2 to 4 g/l of magnesium ions.
- 23. (new) A method according to claim 17, wherein at least a portion of the manganese ions in said phosphating solution are replaced by manganese carbonate to neutralize free acid.
- 24. (new) A method according to claim 17, wherein said workpieces are subjected to a sliding friction.
- 25. (new) A method according to claim 17, wherein said workpieces are selected from the group consisting of axles, gear mechanism parts and engine pistons.